

Winnipeg metro

Your essential daily news | WEDNESDAY, MAY 27, 2015

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Winnipeg metr

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Your essential daily news | WEDNESDAY, MAY 27, 2015

High 23°C/Low 13°C Mainly sunny



Motorhome goes up in flames

Firefighters work to put out hot spots on a motorhome parked in the driveway of a home in the first 100 block of Hampshire Bay that went up in flames Tuesday afternoon. No one was injured in the fire, which caused an estimated \$20,000 in damage to the motorhome and \$40,000 to a neighbouring house. The cause is under investigation. SHANE GIBSON/METRO

Discharge safe: Nurse

BRENAN INQUEST

Woman died after being sent home in a cab to a friend

A nurse who arranged for a woman to be sent home from hospital in a cab — without her house keys — hours before she died says the patient was discharged safely.

Wayne Didkowski told an inquest into the death of Heather Brennan that he made arrangements for the 68-year-old to go home when a doctor at Winnipeg's Seven Oaks Hospital decided she was well enough late one evening in January 2012.

He said Brennan was worried she didn't have her keys or a ride home, but he assured her she would be sent in a cab and a friend would be there waiting for her with the keys.

Didkowski said he spoke to Brennan's friend and arranged for her to meet Brennan at her house. Although the hospital had a "bed crunch" at the time, he said he had no qualms about discharging Brennan and didn't raise any concerns with the doctor in charge.

"I had ensured there was a safe discharge in place for her," he testified Tuesday.

The next time he saw Brennan, she was in the resuscita-

tion room in the emergency department. She had collapsed on her doorstep and was rushed back to Seven Oaks, where she died when an undetected blood clot moved to her lungs. Brennan had been sent to the Seven Oaks emergency department because she had lost 40 pounds and couldn't swallow.

Two nurses testified that hours before she was discharged, Brennan was too ill to undergo diagnostic testing.

Months later, two other patients were put in cabs by a different hospital and died outside their homes. The health authority said at the time that there was no systemic problem and an internal investigation found the hospital did nothing wrong.

The inquest was called to look into Brennan's death and to "examine hospital policy regarding the discharge of patients at night, particularly those who are elderly, frail and who reside alone." It is also to determine whether a shortage of acute-care beds might have been a factor in Brennan's death.

THE CANADIAN PRESS

PROBE

The inquest is scheduled to sit until mid-June.



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The city is holding an open house to reveal final designs for the next phase of bus rapid transit Thursday. SHANE GIBSON/METRO

Final Transitway plan set for reveal

New design includes route to Bombers' stadium



Colin Fast
Metro | Winnipeg

Winnipeggers will get to see the final designs for the next phase of bus rapid transit this week, including a new way for Blue Bombers fans to get

to the stadium.

At an open house on Thursday, city officials will outline the exact path the Southwest Transitway will follow from Jubilee Avenue to the University of Manitoba, including the locations of stations, park-and-ride lots and sound insulating walls along the route.

Transit director Dave Wardrop noted the final leg of the route will go through the old Southwood golf course lands and end at a new station on the north side of Investors Group Field near where the

bike corral is currently located.

He said this segment would initially be used exclusively by buses, but could accommodate other traffic as the Southwood lands are further developed.

As well as the bus corridor, the final design also includes plans for pedestrian and cycling paths.

"Active transportation is a big part of this project," said Wardrop. "It's important to have a mixed modal type of facility that provides the

opportunity to integrate all modes of transportation and provide an overall transportation solution for southwest Winnipeg."

The city expects to begin construction on the Southwest Transitway and the new Jubilee underpass in 2016, with completion in 2020. The \$590-million project will be built through a public-private partnership.

The open house is Thursday from 3:30 to 9 p.m. at the Canad Inns Fort Garry location at 1824 Pembina Hwy.

INFORMATION

Councillor says city's communication poor

A city councillor says a "broken communications system" is making it tough for citizens, interest groups and even elected officials to find out what's going on at city hall.

"It's very difficult to get information, it's very difficult to share information, and it's very difficult to be effective when all you're doing is trying to find and gather information," said Coun. Janice Lukes Tuesday.

She was responding to media questions about a lack of advance notice about this week's open house on the second phase of the Southwest Transitway project.

While Winnipeg Transit did place ads in local papers on the weekend, the city didn't make an announcement, issue a news release or post anything on its primary website.

"It's very frustrating, and as a new councillor it's driving me crazy," Lukes said of the city's communications planning. "It doesn't really matter what we do if we can't communicate it out."

She pointed to the city's web-

site as a particular problem, and suggested a better search engine would save councillors and citizens a lot of time and frustration.

The city hired a consultant last summer to review its corporate communications department, but Lukes said the work is still ongoing and no one on council has been interviewed yet.

Despite her concerns, Lukes said Mayor Brian Bowman and new CAO Doug McNeill are aware of the problems, and that she's optimistic things will change.

"We're all going to learn from it, and it's going to be improved," she said.

A spokesman from the city's corporate communication department said the review is expected to be completed within two to three months and councillors will be consulted for their opinions, observation and about their communication support needs.

He said both the media and the public will also be consulted.

COLIN FAST/METRO



NORTH DAKOTA

Airman opened fire on Walmart staff before he shot himself: Police

A U.S. airman walked into a Walmart Supercenter in Grand Forks, N.D., early Tuesday and opened fire with a handgun, killing one worker and injuring a second before turning the gun on himself, police said.

Grand Forks Police said the shooting that occurred

a few minutes after 1 a.m. may have been random, with no link yet found between Marcell Willis, 21, and either the store or the employees.

"We've not been able to find any linkage to him and any of the victims. That's not to say that can't change," police Lt. Derik Zimmer said.

THE ASSOCIATED PRESS

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Selinger staffers heading westward

POLITICS

Alberta takes in workers caught in NDP leadership fight

The rise of Alberta's New Democrats is prompting a growing number of Manitoba Premier Greg Selinger's key staff members to head west.

Selinger started losing top advisers last December, after five senior cabinet ministers challenged his leadership in a contest he ended up winning by the narrowest of margins.

His chief of staff, his caucus director, his communications chief and more parted ways with the premier in the ensuing months.

Some ended up in Alberta, where the NDP won power for the first time earlier this month.

Sally Housser, who was the Selinger's press secretary, took on the same role for Rachel Notley during the Alberta election. She has since signed on with a public relations firm doing work in Alberta.

Selinger's top adviser, Anna Rothney, and his caucus director, Jen Anthony, have taken up roles with the Alberta NDP.

The exodus continued this week, as Peter Dalla-Vicenza, Selinger's acting issues management director, and Brent Dancey, a special adviser to cabinet on energy issues, served notice they are leaving to work in Alberta.

Some of those who left also played key roles in successful Manitoba NDP election campaigns in 2007 and 2011. The next election is slated for April.

But Selinger's new chief of staff, Jeremy Read, said there is no reason to worry. Younger staffers who have learned from the departed staff are moving up the chain, he said.

The departures have stirred up controversy in Manitoba because seven of the workers who left in recent months received a total of \$670,000 in severance payments — an amount the Opposition has called the public price tag of the NDP's inner turmoil.

Dalla-Vicenza and Dancey did not receive any severance, Read said.

THE CANADIAN PRESS



Several of Premier Greg Selinger's key staff members have recently left to work for the NDP in Alberta. SHANE GIBSON/METRO

TRUTH AND RECONCILIATION

University of Winnipeg to host gathering for report release

The University of Winnipeg will hold a "gathering of support," on the same day Canada's Truth and Reconciliation Commission releases its findings on Indian residential schools.

"The Truth and Reconciliation Commission was given an enormous task — to find the truth about the more than 120 years that Indigenous children were sent to Indian residential schools, and to educate Canadians about this history and the ongoing impacts that are still felt across the country,"

said U of W president Dr. Annette Trimbee.

The U of W said the event is an opportunity to celebrate the resilience of Canada's Indigenous cultures, and is open to anyone who wants to attend.

"As an educational institution located on Treaty 1 land in the heart of the Métis Nation, we have a responsibility to support the TRC's mandate, something we will continue to do long after its official close," said Trimbee.

The Time for Reconciliation gathering happens June 2 and

is open to the public.

The gathering starts at 8:30 a.m. with an opening ceremony on the front lawn of U of W, and runs throughout the day.

The event at the U of W is one of several being held across Canada simultaneously.

The 10 a.m. release of the commission's findings will be live-streamed at four Winnipeg Public Libraries: Millennium Library, Pembina Trail Library, West End Library and Sir William Stephenson Library.

METRO

MANITOBA HYDRO

Power rate increase requested

Manitoba Hydro is asking regulators to approve another rate increase, and warns the province's credit rating could be at stake.

The Crown utility is asking the province's public utilities board for hikes of 3.95 per cent both this year and next.

The utility has already said it needs such increases every year for the foreseeable future in order to fund new projects and replace aging infrastructure.

In documents filed with the board, Hydro says any increase smaller than 3.95 per cent could hurt the province's credit rating, because Hydro would have to go deeper into debt backed by the province.

Lower credit ratings can force governments to pay higher interest rates on their borrowings, and the Manitoba government has already been warned its rating could suffer.

Documents filed with the

utilities board say Hydro's debt, at almost \$11 billion, accounts for more than one-third of the total provincial debt.

In the legislature, Opposition finance critic Cameron Friesen called the proposed rate hikes "massive", but the minister responsible for Manitoba Hydro said the rate hikes will allow Manitoba to expand and continue to be self-reliant for electricity.

THE CANADIAN PRESS

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YOUNGS
JEWELLERS

Carpet store blast victim still critical

ST. BONIFACE

Lit cigarette set off propane explosion, neighbours say



Shane Gibson
Metro | Winnipeg

The man who was in a shipping container when it exploded behind a St. Boniface carpet store Monday morning remains in critical condition.

Police said Tuesday the man is in hospital with "numerous serious injuries." He has identified by staff at Ken's Carpets as 55-year-old warehouse manager Joe St. Laurent.

The blast and subsequent fire happened behind the

shop at 730 Archibald St. after police say a propane tank exploded around 9:30 a.m.

The blast was felt for several blocks and produced a thick cloud of smoke.

Neighbours who rushed to the scene after the blast told Metro the explosion happened after someone lit a cigarette near the shipping container, which had a barbeque with a leaking propane

tank stored in it since Friday night.

Police didn't confirm those details Tuesday, saying the investigation into the ignition source is ongoing.

The explosion caused an estimated \$200,000 in damages.

The Office of the Fire Commissioner, Workplace Safety and Health and the WPS Arson Unit continue to investigate.

WITH FILES FROM THE CANADIAN PRESS



A firefighter walks towards a shipping container that exploded behind Ken's Carpets Monday. SHANE GIBSON/METRO

GENERAL STRIKE

MP calls out feds for 'rewriting history'

Pat Martin is accusing the Harper government of "rewriting history," after a national museum in Quebec decided it would no longer house an exhibit celebrating the 1919 Winnipeg General Strike.

"The Winnipeg General Strike was undeniably the most significant turning point for working people in Canadian history," said Martin, the NDP MP for Winnipeg Centre.

"So as a trade unionist and a Member of Parliament I strongly suspect and would put money on there being political interference in this as the Conservative government are no friends of organized labour and collective bargaining."

The exhibit has been housed for the last 16 years in the Museum of Canadian History in Gatineau, Que., but the museum reportedly says it is being removed as part of a complete renovation.

Martin said the exhibit was of meeting room 10 of the former Labour Temple on James Street.

He said many famous speeches were made in room 10 leading up to and during the course of the strike, and the vote to call the strike was also made in room 10.

Jeff Traeger, president of UFCW Local 832 said the tim-

"I strongly suspect and would put money on there being political interference in this."

Pat Martin, NDP MP for Winnipeg Centre

ing of the removal of the exhibit could not be worse.

"You think they might have maintained it since we're coming up to the hundredth anniversary, and I'd have to agree with Pat that this reeks of political interference," said Traeger.

"The strike is one of the key moments in Canadian history, and it created the middle class in Canada."

Traeger said the union will fight to get a Winnipeg General Strike exhibit back in the museum.

"We won't sit back on this. We will look at this through our national office, because in Winnipeg this issue is very close to the heart."

Calls to Shelly Glover, the Minister of Canadian Heritage, and to the Canadian Museum of History for comment were not returned by press time.

DAVE BAXTER/METRO

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CRIME

Nothing harmful in suspicious packages delivered to Manitoba courts: Police

Manitoba RCMP say suspicious packages that were sent to provincial courts in several Manitoba communities last month did not contain harmful substances.

A total of 16 packages were received at Manitoba law court buildings across the province, including in Winnipeg, between April

8 and April 23.

Investigators said the packages contained court-related paperwork sent by someone from China, but had no standing in Canadian courts.

Police said at this point they have found nothing criminal about the deliveries, but a national investigation into similar packages received by courts in other Canadian cities continues.

METRO

Immigration ranking drops

CITIZENSHIP

Canada's fall on global index due to Ottawa's policies: Group

Canada has dropped out of the top five countries in integrating immigrants into the society due to policy changes by Ottawa to restrict access to family reunification and citizenship for newcomers.

According to the latest world ranking by a Brussels-based think tank, Canada has slipped from third to sixth place among 38 developed countries in allowing migrants access to equal rights, support and opportunities.

Although Canada is still considered a welcoming country for newcomers amid the global anti-immigration and anti-terror tide, the Migrant Integration Policy Index (MIPEX) says its policy shift to the right raises questions about the future of the country's traditionally inclusive integration system.

"It is a cause of concern, one that we need to watch," said Thomas Huddleston of the Migration Policy Group, lead author of the European Union-funded, peer-reviewed index. Canada's 2015 MIPEX profile will be released in Toronto Wednesday.

"With Canada rolling back on some provisions from family reunification and citizenship, it is going to have an impact on

+ BY THE NUMBERS

The project compiles and standardizes factual data from its local research partners in all EU member states, Australia, Canada, Iceland, Japan, South Korea, New Zealand, Norway, Switzerland, Turkey and the United States — and ranks

the countries based on a 100-point scale. In MIPEX's last edition, published in 2011, Canada scored 72 points and ranked third place, just behind Sweden and Portugal, which earned an overall 83 points and 79 points respectively.

immigrant integration. Other countries will follow Canada."

Based on a detailed checklist of 167 indicators, researchers surveyed the latest government policies in affording migrants access to eight areas: labour market mobility, family reunification, education, health, political participation, permanent residence, access to nationality and anti-discrimination efforts.

"One key to Canada's immigration model has been that selected immigrants arrive as permanent residents with equal rights to invest in their integration and quickly become full Canadian citizens," says the 2015 MIPEX profile on Canada.

"Recent delays and restric-

tions to family reunion and citizenship may bring unintended consequences for permanent residents, doing more harm than good to Canada's integration outcomes.

"The increasing number of temporary workers may also be discouraged and delayed to invest with integration, as they have limited opportunities to try out new jobs or trainings, learn English or French for free or become permanent residents, citizens and voters."

Professor Harald Bauder, academic director of the Ryerson Centre for Immigration and Settlement, said he was surprised Canada still fared quite well in light of the dramatic changes made to the immigration and refugee system by the Conservative government.

"Maybe, when compared to the significant changes made by countries all across the map, we're still doing quite well despite the damages inflicted by Ottawa's policy changes," Bauder said. TORSTAR NEWS SERVICE



It is a cause of concern, one that we need to watch.

Thomas Huddleston,
Migration Policy Group



Conservative MP Michael Chong is seen in 2013. Chong got a rough ride from some of his own caucus colleagues as he promoted his Reform Act at a Senate committee Tuesday. The act is billed as a way to rebalance power between members of Parliament and party leaders.

SEAN KILPATRICK/THE CANADIAN PRESS

SENATE

Reform Act gets a bumpy ride

Prospects are looking grim for Michael Chong's legislative baby, the Reform Act 2014.

Conservative senators from Chong's caucus — along with some Liberals — laid out their opposition to parts of the private member's bill Tuesday at the Senate rules committee.

That's a strong signal that the proposed legislation, which is designed to give MPs more power in the Commons, will not get through the upper chamber without amendments.

Amendments would be the

kiss of death for the bill, which would then go back to the House of Commons for more votes. There's less than a month before the two houses rise for the summer; an election campaign will dissolve Parliament in the fall.

So is Chong's bill being killed by the Prime Minister's Office through the Senate? If so, it would be an ironic turn of events, given that the bill is supposed to temper the power of party leaders. Chong said he does not know if his Senate colleagues have been coached to make sure

the bill doesn't see the light of day — but he warned that voters are watching.

"It potentially could become an election issue," Chong said after the meeting.

The act is billed as a way to rebalance power between members of Parliament and party leaders.

One section would remove the veto power of party leaders over who gets to run in a federal election — a stick that leaders have brandished over MPs to ensure caucus discipline.

THE CANADIAN PRESS

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Of all the beverage containers that weren't recycled, how many were yours?

RECYCLE EVERYWHERE



The Senate chamber on Parliament Hill, May 28, 2013, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Ex-judge to ref Senate expense tiffs

POLITICS

Up to 40 senators will have spending challenged

The Senate is turning to a former justice of the Supreme Court of Canada to referee any disputes arising among senators over dubious expense claims flagged by the auditor general.

It's the latest attempt by the Senate to get ahead of what is widely expected to be a critical report on past spending practices.

Ian Binnie will be called to intervene in cases where senators who are ordered to pay back disallowed expense claims opt to challenge either the findings of the report or the amount they are required to repay.

But Binnie may not be that busy. Senators have already started repaying expense claims questioned by auditor general Michael Ferguson, ensuring they won't go to arbitration.

The repayments started shortly after Ferguson's audit teams walked into Senate offices almost two years ago and,

according to Senate sources, have picked up steam in recent weeks since senators received their final audit results.

"Once we have the report, we'll be able to determine who has repaid and whether that amount matches the amount in the report," said Senate spokeswoman Nancy Durning. "All amounts owing and paid will be made public, whether they happened before or after the report is released."

Senators in the most trouble with auditors are expected to avail themselves of the arbitration process, hoping to avoid a hefty repayment order, or having their file sent to the RCMP for review.

Senate sources who are familiar with the auditor's work say Ferguson is expected to recommend that 10 cases be referred to the RCMP.

Up to 30 other senators are expected to face repayment orders worth thousands — as high as \$20,000 in at least one case — over travel claims that didn't involve Senate business, as well as questionable office contracts and housing claims.

Ferguson's report is expected to be delivered to the Senate some time next week.

THE CANADIAN PRESS

Feds are making progress on veterans' issues: Ombudsman

An analysis of whether the Conservative government is living up to its promises to improve the delivery of benefits for veterans suggests things are moving in a positive direction, the veterans' ombudsman says.

Veterans and the government still aren't in sync on what programs and services ought to look like, but there's been progress, Guy Parent said in an interview Tuesday. "We haven't closed any

gaps but certainly there are some being narrowed," Parent said. "And I think they are being narrowed because the intent of the recommendations is being met."

It's been nearly a year since the House of Commons veterans affairs committee made 14 recommendations on improving the New Veterans Charter, the 2006 document that changed how benefits are delivered. The ombudsman has been calling for

changes to various elements of the policy in a series of reports beginning in 2013.

The charter, introduced by the Liberals but implemented by the Conservatives, has been controversial for how veterans' benefits are determined and paid out. Fighting over its application has coloured the relationship between veterans and the government for years.

THE CANADIAN PRESS

IN BRIEF

Loblaws recalls hummus

Loblaws Companies Ltd. is recalling a brand of hummus because it may contain a toxin. The company says President's Choice Moroccan-style hummus may contain the toxin produced by staphylococcus bacteria, and it should not be eaten. Loblaws says the affected product was sold in 280-gram containers with a best before date of June 14.

THE CANADIAN PRESS

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LAS VEGAS

World Series of Poker begins

If the World Series of Poker is lucky, the popularity of the Las Vegas championship's newest event could cause a poker chip shortage.

The annual set of 68 tournaments at the Rio All-Suite Hotel & Casino that rewards millions of dollars to the best card sharks starts Wednesday with a new event dubbed the Colossus expected to attract at least 10,000 players.

The Colossus represents the lowest buy-in in 35 years with players ponying up \$565 US each to win their share of a \$5 million prize pool, with the winner likely walking away with nearly \$600,000.

The 45-year-old event now owned by Caesars Interactive Entertainment Inc. is also

spreading the wealth for its \$10,000 no-limit Texas Hold 'Em main event and hosting an online tournament that will end with a live poker matchup.

The World Series of Poker drew 82,360 players last year with 10 per cent winning some of the \$227.7 million in prize money.

Lance Bradley, the editor in chief of poker news site Bluff.com, said the series has long worked to widen its appeal. But this year appeared to be unusually ambitious, catering to the regular guy who doesn't mind parting with \$565 but would blush at spending \$1,000, while still attracting "the pros who don't want to play against those guys."

THE ASSOCIATED PRESS

ASYLUM SEEKERS

EU to relocate 40,000 migrants

The European Union will seek to shift the migration burden away from Italy and Greece by relocating 40,000 asylum seekers to other EU countries, according to a draft document seen by The Associated Press Tuesday.

The relocation proposal, to be unveiled by the EU's executive Commission on Wednesday, would see new Syrian and Eritrean asylum seekers shared among 23 of the 28 member countries over the next two years. Britain, Denmark and Ireland will not take part.

The move comes as the number of desperate migrants crossing the Mediterranean to get to Europe continues to rise, with more than 80,000 landing so far this year. The International Organization for Migration estimates that 1,820 other migrants

have died or gone missing on that journey.

The influx has left countries like Italy, Greece, Malta, Germany and Sweden carrying the biggest burdens.

Under the emergency relocation plan, which would have to be endorsed by member states and the European Parliament, countries "will receive 6,000 euros (\$8,100 CAD) for each person relocated on their territories" from EU coffers, according to the document.

Germany would accept the most asylum seekers over the two years — a total of 8,763 — while France would take in 6,752. Spain, which faces migration challenges of its own, would also take a significant share, accepting 4,288 people in need of international protection.

THE ASSOCIATED PRESS

IN BRIEF

Amtrak to install cameras in locomotives

Amtrak said Tuesday it will install video cameras inside locomotive cabs to record the actions of train engineers, a move that follows a deadly derailment earlier this month in which investigators are searching for clues to the train engineer's actions before the crash. The Amtrak engineer, Brendan Bostian, suffered a head injury in the accident in Philadelphia and has told investigators he can't remember what happened.

THE ASSOCIATED PRESS

Outrage as Danish radio hosts claim killing rabbit on air

A Danish radio station has faced a storm of angry protests after two of its hosts claimed they clubbed a young rabbit to death on air with a bicycle pump. Public broadcaster Radio-24syv said the Monday morning-show stunt was aimed at initiating a debate about "the vast hypocrisy surrounding our relationship with animals." The other host of the show, Asger Juhl, said on air that the rabbit twitched several times before quietly dying.

THE ASSOCIATED PRESS



Nepalese children play on Tuesday at a relief camp for survivors of the Nepal earthquake in Kathmandu. Hundreds of Nepalis gathered on Monday at the rubble of a 19th-century tower in Kathmandu to mark one month since a devastating earthquake killed more than 8,600 people in the Himalayan nation. THE ASSOCIATED PRESS

Nepal bans child travel without legal guardians

TRAFFICKING

Move aimed at protecting kids who lost homes in earthquakes

The government announced Tuesday that all children travelling in Nepal will need to be accompanied by their parents or a legal guardian to prevent the trafficking of young people who lost their homes in the

country's powerful earthquakes.

The Ministry of Women, Children and Social Welfare said the ban is aimed at protecting homeless children who are living in tent camps where there are large numbers of people.

Ministry official Ram Prasad Bhattarai said an approval letter issued by a district Child Welfare Board will be needed for any other adults travelling with children from one district to another.

The ban comes days after police stopped two groups of

children who were being taken by unrelated adults by bus in different districts. The children are being held in government shelters and police are still investigating the cases.

International adoptions have also been suspended, he said.

Thousands of children are taken from Nepal to neighbouring India every year to work as child labourers or in brothels.

The earthquakes on April 25 and May 12 killed at least 8,673 people in Nepal.

THE ASSOCIATED PRESS

+ VIGIL

Hundreds of people have held a candlelight vigil in Nepal's capital to mark one month since the earthquake that killed thousands of people and affected millions. About 200 people gathered in the heart of Kathmandu on Monday evening to remember the dead.

NIGERIA

Spike in female suicide bombers: UN

Children are now being seen as potential threats after an "alarming spike" in suicide bombings by girls and women being used by Boko Haram militants in northeastern Nigeria, the UN children's agency said Tuesday.

The number of reported suicide attacks has jumped to 27 in the first five months of this year compared to 26 for all of last year, it said.

Tuesday's report came as Gov. Kashim Shettima of Borno state visited the site of the latest Boko Haram at-

tack and surveyed the damage: 37 people killed Sunday, 400 buildings razed, including mosques, and 22 vehicles and dozens of motorcycles torched.

"I appeal to you not to flee from your homes. We assure you that we are going to rebuild the ancient town of Gubio," Shettima pleaded.

But locals said hundreds of traumatized residents have already fled to Maiduguri, the Borno state capital 90 kilometres away.

A civilian self-defence fight-

er, Yusuf Modu Gubio, said he killed some insurgents in Sunday's attack but "to my surprise, they were mostly young boys and teenagers."

It's not known how many thousands of boys, girls and women have been kidnapped by Boko Haram but new abductions are being reported every week. UNICEF said it estimates that 743,000 children have been uprooted by the nearly 6-year-old Islamic uprising, with as many as 10,000 separated from their families in the chaos.

It said women and children have carried out three-quarters of all reported Boko Haram suicide bombings — with girls blamed for nine such attacks since July.

"They are first and foremost victims — not perpetrators," said Jean Gough, the UNICEF representative in Nigeria.

The agency is concerned that children will increasingly be perceived as "potential threats," putting them in danger of retaliation and jeopardizing their return home.

THE ASSOCIATED PRESS

U.K. eyes future of the EU

EUROPEAN UNION

Cameron trip focuses on differences over autonomy

British Prime Minister David Cameron heads to continental Europe this week on a campaign to curtail EU involvement in national affairs.

France and Germany, meanwhile, want to move in the opposite direction.

Which formula is more likely to ensure the EU's survival is the issue Cameron will face on his trip — and the existential question the European Union is facing in the months to come.

Cameron is visiting Denmark, the Netherlands, France, Germany and Poland as he launches his mission to scale back the EU's political powers over member states on sensitive issues such as migration and welfare.

Without such changes, Britons may vote to pull the U.K. out of the EU altogether in a referendum Cameron has



A wax David Cameron gets a touch-up at Madame Tussauds in London. THE ASSOCIATED PRESS

promised before 2017.

But France and Germany, whose post-war alliance formed the backbone of today's EU, have their own mission.

They sent an outline for closer economic co-operation in a letter to European Commission President Jean-Claude Juncker

“Of course you’ll have reports of ups and downs.”

Of course you’ll have reports of ups and downs.

Jean-Christophe Gray

reported by Le Monde. Juncker's spokesman Margaritis Schinas welcomed the idea Tuesday as “key” to solidifying the shared euro currency and European unity.

Cameron's official spokesman, Jean-Christophe Gray, said Tuesday that discussions

about the eurozone shouldn't affect Cameron's trip this week. Britain does not use the euro.

But he conceded that the prime minister's trip might not be easy.

“Of course you’ll have reports of ups and downs,” Gray told reporters in London. “But he is very clear about the mandate that he has and his determination to secure the best deal for the British people.”

The conflicting initiatives are not necessarily mutually exclusive. But they do highlight a fundamental cross-Channel rift, with Britain ever more reluctant to throw in its lot with the other EU nations under the leadership of juggernauts Germany and France.

Alain Dauvergne, an adviser at France's Our Europe institute, said Cameron is unlikely to win immediate support this week for his campaign, but is launching an “exploration” to establish how far EU partners are willing to go to give him “window dressing” that he can bring back to British voters to keep them from leaving the EU.

THE ASSOCIATED PRESS

IN BRIEF

Southern India heat wave kills more than 750

More than 750 people have died in southern India since mid-April as soaring summer temperatures scorch the country, officials said Tuesday. More than 550 people have died from the unrelenting heat in Andhra Pradesh since May 13, the state deputy chief minister said. And a top state official in Telangana said about 215 heat-related deaths have been reported since April 15. Daily temperatures in both states have hit between 45C and 48C.

THE ASSOCIATED PRESS

Twister kills 14 in Mexican border city

The body of a baby torn from a car by a tornado was found Tuesday in the northern Mexico border city of Ciudad Acuna as the death toll from the storm hit 14. Searchers found the baby's body amid the rubble of shattered houses. Earlier reports said the child had been in a baby carrier.

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University enrolls bitcoin

BRITISH COLUMBIA

Simon Fraser now accepts digital money on campus

A British Columbia university is now accepting the digital currency bitcoin at all of its bookstores, a move that staff claim is a first for Canadian post-secondary schools.

Simon Fraser University has also announced that automated bitcoin vending machines will soon begin operating on campuses in Burnaby, Vancouver and Surrey.

"What we're trying to do is get students to talk about innovation and try bitcoin," said Mark McLaughlin, SFU's executive director of ancillary services, in a news release.

"The only way to have an opinion about digital currencies is to learn about it, and we are providing a first-hand experience in that regard."

Bitcoin is a virtual currency that is transferred online without the help or regula-



Lauren Shandley, Mike Yeung, Laurie Macpherson and Scott Nelson are shown in an undated handout photo. Yeung and Nelson have made the first bitcoin virtual currency donation to Simon Fraser University. The money will be used by Shandley and Macpherson for a humanitarian co-op project in India this fall. SIMON FRASER UNIVERSITY-HO/THE CANADIAN PRESS

tion of any central bank. The university broke new

ground last year when it became Canada's first post-sec-

ondary institution to accept bitcoin donations.

“It is our mission to challenge and engage students and provide them with learning opportunities.”

Mark McLaughlin, Simon Fraser University

"It is our mission to challenge and engage students and provide them with learning opportunities not only inside the classroom but also outside," said McLaughlin.

Simon Fraser has one of the most active bitcoin student clubs in North America, which has been pushing for the school to introduce the currency, said McLaughlin.

SFU Bitcoin Club founder Michael Yeung likened the shift to the early days of the Internet.

"The coming era of virtual currencies is inevitable and exciting," said Yeung.

THE CANADIAN PRESS

IN BRIEF

Taco Bell, Pizza Hut to use natural ingredients

Taco Bell and Pizza Hut say they're getting rid of artificial colours and flavours, making them the latest big food companies scrambling to distance themselves from ingredients people might find unappetizing.

Instead of "black pepper flavour," for instance, Taco Bell will start using actual black pepper in its seasoned beef, says Liz Matthews, the chain's chief food innovation officer.

The Mexican-style chain added it is removing artificial dyes from its offerings.

Critics said the purging is a response to unfounded fears over ingredients, but companies are nevertheless rushing to ensure their recipes don't become disadvantages.

John Coupland, a professor of food science at Penn State University, said companies are realizing some ingredients aren't worth the possible harm they might cause given changing attitudes about additives.

THE ASSOCIATED PRESS



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

RETIREMENT PLANNING

Feds plan exploration of new savings options for Canadians

In a sudden about-face, the Harper government said Tuesday it's thinking about giving Canadians the option of hiking their contributions to the Canada Pension Plan — a measure that would help them boost their retirement savings.

With an election date less than five months away, the move looked like a surprise effort by the Conservatives to wrestle some ground away from their political foes.

The Tories have long opposed expanding the government-managed pension plan — an idea supported by the NDP — but Finance Minister Joe Oliver told the House of Commons that they intend to consult experts and stakeholders on the matter this summer.

The government's goal: explore ways that would allow Canadians to make voluntary

add-on contributions to the CPP.

"We are open to giving Canadians the option to voluntarily contribute more to the Canada Pension Plan to supplement their current CPP retirement savings," said Oliver, who offered few details and did not speak to reporters after question period.

People need choices when it comes to their retirement savings, rather than being forced to make mandatory payments, Oliver said. The government, he added, aims to build on other voluntary savings options already available, such as pooled, registered pension plans and tax-free savings accounts.

The subject of retirement income is expected to be a weighty election issue this fall and the Tories' opponents lined up to portray Tuesday's change of heart as crass political opportunism.

"They're trying to scoop up a few votes of those that are concerned about their pensions," said NDP finance critic Nathan Cullen.

"I don't know if they're actually going to do it. If they were going to do it, one would've imagined they would have done it already."

The NDP has long called for

a CPP expansion to help Canadians save for retirement.

Liberal finance critic Scott Brison accused the Tories of swiping the idea of voluntary expansion from his party's 2011 election platform.

"The Conservatives criticized it and have criticized it ever since," Brison said of the Liberal proposal.

In 2010, then-finance minister Jim Flaherty proposed a "modest" mandatory CPP increase and rejected the idea of a voluntary one. THE CANADIAN PRESS

market minute



DOLLAR

80.47¢ (-0.74¢)



TSX
15,050.81 (-136.59)



OIL
\$58.03 US (-\$1.69)



GOLD
\$1,186.90 US (-\$17.10)

NATURAL GAS: \$2.822 US (-6.5¢)
DOW JONES: 18,041.54 (-190.48)

“We are open to giving Canadians the option to voluntarily contribute.”

Finance Minister Joe Oliver

THE BIG THING: DIY LYME TREATMENTS

A range of untested and unorthodox treatments for Lyme disease are being promoted and sold on the Internet, says a new study in the journal Clinical Infectious Diseases. It raises the alarm about therapies marketed to people who believe they have an unproven condition they call chronic Lyme disease. THE CANADIAN PRESS

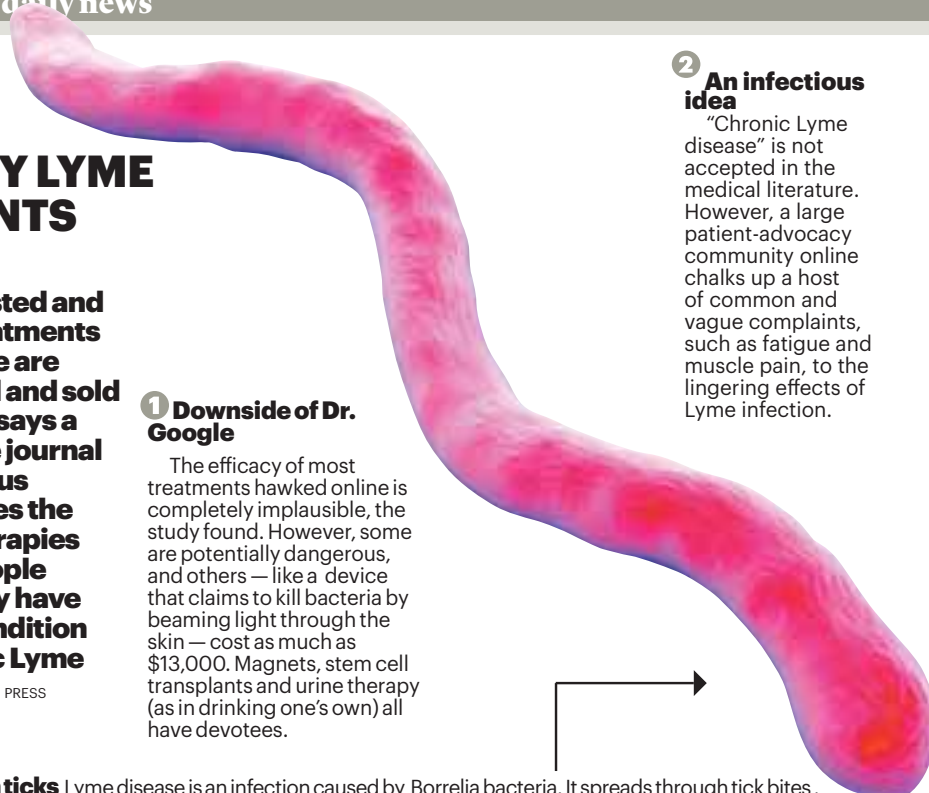
1 Downside of Dr. Google

The efficacy of most treatments hawked online is completely implausible, the study found. However, some are potentially dangerous, and others — like a device that claims to kill bacteria by beaming light through the skin — cost as much as \$13,000. Magnets, stem cell transplants and urine therapy (as in drinking one's own) all have devotees.

3 The trouble with ticks Lyme disease is an infection caused by *Borrelia* bacteria. It spreads through tick bites. Symptoms can last for months and include fever, a round rash around the bite, joint pain, facial palsy, and less commonly, potentially life-threatening swelling of the brain or spinal cord. A short course of antibiotics is the usual treatment.

2 An infectious idea

"Chronic Lyme disease" is not accepted in the medical literature. However, a large patient-advocacy community online chalks up a host of common and vague complaints, such as fatigue and muscle pain, to the lingering effects of Lyme infection.



The struggle to limit screen time — for cats

SOCIAL DISCOURSE

Omar Mouallem



I'm no longer the only one in my house addicted to technology. My cat Darwin is, too.

It started with one iPad app, Paint for Cats, which hilariously teases her with a cartoon mouse that squeaks and leaves behind multicoloured paw prints each time it's attacked. Now the paw prints are real, and they're all over my tablet, phone and TV screens.

Like most cats, she doesn't respond to her name. Yet the clicking of the Netflix menu is enough to bring her inside from the balcony, whether or not the dragonfly she's torturing at the moment is dead yet. She finds the spasmodic scrolling irresistible, and cries when it stops because she's blocking the remote sensor. She howls even louder when I decide on

something to watch.

Darwin's not the only one with a problem. At least one SPCA, in Los Angeles, started accepting tablets as donations — and it's not to entertain the volunteers. Not primarily, anyway.

There's now a cottage industry of tailor-made videos and apps for cats. Little Hiccup, makers of Paint For Cats, which by 2012 had been downloaded over 300,000 times, have two other offerings. There's also Crazy Cat for Android, popular enough to earn 3,000-plus mostly positive reviews, and Enjoy With Cat, a two-player game for felines and their human companions. Not to be outdone, the cat-food brand Friskies now offers its own promotional cat games, which have been downloaded two million times so far.

There are many more but they're all engineered in the same way, with quick and jerky objects, according to Dr.

Bonnie Beaver, executive director of the American College of Veterinary Behaviourists. As she recently explained to the Associated Press, "Cats are attracted to things that move, and that is the 'magic' for most of the apps."

It helps that cats, unlike dogs, have fast-adjusting pupils and depth perception and colour definition closer to our own. But while the harms of overusing computers are well documented for humans, could this digital catnip also be damaging and potentially distressing?

I'm wondering because these new gadgets have definitely had an effect on my pet parenting.

The morning after I first played Darwin her favourite YouTube video — 16 minutes of birds and squirrels — I found her waiting for me on the closed laptop, sitting regally and wide-eyed. Now I find it a handy distraction when her incessant nagging interferes

It seems cats love the Internet as much as it loves them. There's now a cottage industry of apps for cats.

with my work or my own enjoyment of the Internet.

I can justify it as escapism for a housebound pet. I'm offering a healthy outlet for her basic instincts. But I know I'm really just suppressing her neediness — a quality only a dog owner could love.

So like a guilty but helpless parent, I just plop her in front of another screen. It's bad, I know. But it works.

Omar Mouallem

(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

metroview

Sexual assault against men is less common, but no less traumatic



Angela Mullins

Maybe I should start a men's movement.

"You may as well," my wife told me the other day. She'd just endured my latest rant about a public-service announcement about sexual harassment and abuse.

The Ontario government ad is a universal case study in playing to the majority and ignoring the minority with hopes of creating change for all. What could have been a powerful message about everyone doing their part to make a difference has become part of an all-too-common narrative in our post-Jian Ghomeshi, post-Bill Cosby, still-unfolding Canadian military scandal reality: Men are perverse, women are victims.

For those who haven't seen it, the video plays out something like this: Four women are shown as victims, fielding everything from unwanted shoulder rubbing to having roofies slipped into a drink. At the end of it all, you're asked #WhoWillYouHelp.

The settings for the vile acts range from an office to what we can assume is a high school hallway. The women are from a wide range of ethnic backgrounds. Their ages vary. The same is true for the people taking advantage of them.

It's obvious the creators tried really, really hard to make the message relevant for everyone. Problem is, they

missed the mark.

In the 61-second warning not to treat people like objects, every one of the predators has a penis.

I have, of course, seen the statistics. Although the numbers vary based on the source, about 80 per cent of sex crimes are directed at women. The abuse women face is generally more violent. And, because of that, they're more likely to die at the hands of their abusers.

But, for those men who do become targets, being a victim is, I'd imagine, no less painful and no less soul-sapping.

Despite the position of power they generally occupy due to the luck of chromosomal pairings alone, men have, in this instance, been swept under the rug. Those who dare mention their place in the sexual-abuse conversation run the risk of being considered anti-woman or, even worse, pigs.

It's sad that we've come to this point. Working against assault is, at its very root about treating everyone with respect and dignity, regardless of their gender or how likely they are to become victims.

To earnestly fight sexual assault, government campaigns — and others for that matter — must be all-inclusive, representing people of all stripes and, I hope, prompting storylines we've never heard.

Perhaps what I really should do is start a human movement.

Our slogan? How about: "Hey, hey, ho, ho, a collective conscience is the way to go."

Rosemary Westwood will return Thursday.

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TO DWELL
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HEIDEgger



The one-man show of Oyelowo

HBO MOVIE

Selma actor rises to his role in Nightingale

Lisa Weidenfeld
Metro | New York

While actor David Oyelowo might be best known to some audiences for his stellar performance as Martin Luther King Jr. in the epic civil rights drama *Selma*, by the time he filmed his breakthrough role, he'd already completed work on *Nightingale*.

The movie, which stars only him and premieres on HBO this Friday at 9 p.m., tells the story of the deteriorating mental state of a vet named Peter Snowden as he tries to keep his life together after committing a very brutal act. Oyelowo is virtually unrecognizable as the same performer who played Dr. King — the only parallel between the movies is that they're both produced by Brad Pitt's production company, Plan B. We talked to him about being your own co-star and working with Pitt.

The film occasionally feels almost like a play, in the sense that it's a one-man show. Did that have any impact on how you made it? I did learn it like a great big monologue. I didn't do what you may otherwise do,

which is that you learn your lines for any given scene a couple of days before you actually shoot it. I felt that the level of immersion that I would want to subject myself to in playing this character would mean that I didn't really want to be in the head space of technically learning lines whilst shooting, so I did learn like you would a play. But then the rest of the experience was that of a filmmaking one in terms of the nature of the way we shot the film. Because it's very intimate in the way that theatre can't be. He's expressing very dark thoughts at times, right up close into the camera, and that employs a very different part of your artillery as an actor than the stage does.

Did you find yourself recalibrating your performance at all, since it's just you onscreen? I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. I don't think we did anything that was technically different, per se, than what you would do in any other given film, but because

of who he is, the way he expresses himself, the fact that this is a guy who will happily have a conversation with a three-way mirror, means that the realms of the orthodox ways of either shooting a film or interacting with another character are kind of out of the window, so you're just doing whatever feels truthful given Peter Snowden's circumstances.

Peter spends a lot of time on the phone, either talking to people, or rehearsing talking to people. Was someone on the phone with you at those times?

We actually made the choice to never have anyone on the other end of the line. It was something I felt very strongly about because there are times with Peter where there is someone on the other end of the line and there are times when there isn't. It is someone he has manufactured in order for him to live with himself. The film starts with Peter having committed a heinous act and he has a mental condition that means that dealing with the repercussions of both what he has done and who he is, is something that he is constantly push-

ing away ... We wanted to keep the audience guessing as to whether he's actually talking to someone other than himself.

This is the second time you've worked with Brad Pitt, who also produced *Selma*. Do you think you're drawn to similar types of projects?

It's funny, because we've now had two projects together, but actually my friendship with him is very much linked to us being dads with lots of children. He has six, I have four, and we get together every now and again and watch our children tear the place up. But yes, we worked together on *Selma*, and *Nightingale* was born out of that. While I was doing *Selma*, we had already shot *Nightingale* and Dede Gardner and Jeremy Kleiner, who both run Brad's company Plan B, I showed them the film, which we had finished at that time ... They saw it, showed it to Brad, and I remember him saying, my goodness, what a thing to go from Dr. King to Peter Snowden. His connection with *Nightingale* was very much from an actor's point of view. I think he was very interested in an actor putting themselves through that exercise.



David Oyelowo is the solo star of *Nightingale*. CONTRIBUTED



I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. David Oyelowo

COMEBACK

Twin Peaks doubles episodes in return



David Lynch. AFP FILE

The resurrected *Twin Peaks* TV project will get 18 episodes under the direction of David Lynch, with Angelo Badalamenti on

board as composer.

Fresh news on the new season of the cult series emerged from Crypticon, a horror convention in Seattle.

Season three was initially expected to span nine episodes when first announced in October 2014.

An iconic *Twin Peaks* location will also make a return.

The series' Double R Diner, the real life Twede's Café in North Bend, Wash., will appear in the new episodes. AFP



THE MINDY PROJECT

City ensures Mindy will live on in Canada

More episodes of *The Mindy Project* are heading to City.

The sitcom's Canadian broadcaster says Mindy Kaling's workplace comedy is returning to its prime-time schedule, despite being dropped by Fox in the United States.

Soon after the U.S. network announced it was cancelling the single-camera show, the streaming service Hulu said it would give it a fourth season.

That raised questions about the show's availability in Canada, where Hulu is not available.

City says nothing has changed up here — Canadian fans will be able to catch new episodes this fall.

THE CANADIAN PRESS



FREE EVENT

Cineplex to screen GoT season finale

The *Game of Thrones* finale is hitting the big screen.

HBO Canada is teaming up with Cineplex to present the show's Season 5 finale in 74 theatres across the country.

Free tickets are available on a first-come, first-serve basis beginning Wednesday at cineplex.com/GOT.

The screening will also include the penultimate episode of Season 5, behind-the-scenes clips and extras, and previews of other HBO series. HBO Canada



Daenerys Targaryen of *GoT*. CONTRIBUTED

says a similar screening last year drew more than 11,000 fans to 29 theatres. The fantasy series wraps June 14. THE CANADIAN PRESS

Wait! Don't waste — repurpose that food

FRUGAL EATING

Save money by saving those old grapes and chicken bones

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



Worldwide, 1.3 billion tonnes of food is wasted, with most of it spoiled by grocery stores or food service outlets. In Canada, according to a study commissioned by Kitchen-Aid, that amounts to a \$40.28 household loss

each and every week. People go hungry while palatable food goes to waste. That is a load of garbage. There are a few things you can do at home to keep more money in your pocket and food from the dump:

Soggy lettuce

There really isn't anything you can do with it once it gets to the wilted, smelly point but you can prolong its life. Just slip a piece of paper towel in with the lettuce to help absorb the moisture and keep for a couple more days. Each time you open the box, wipe the condensation from the lid and replace the paper.

Grapes

The skins of red grapes contain the very same resveratrol that is so good for you in your red wine. When they start to lose their plumpness, throw them in the freezer. They are great tossed in smoothies or can be a stunning ice cube alternative.



Parmesan ends

Too hard to grate, but great nonetheless! Chop into small cubes and bake at 425 F for five to 10 minutes to turn into crisp croutons.

Vegetable scraps

The Top 3 discarded vegetable scraps are onion skins, celery and carrot ends. All are loaded with nutrients, especially onion skins, which contain a critical anti-aging nutrient called quercetin. Store them in a freezer bag until it is full and then simmer into a nourishing vegetable broth.

Chicken bones

I never throw away chicken bones — there are nutrients and flavour in

there! Even the ones on my family's plates get tossed into a broth because I know that any bacteria will be boiled away.

Broccoli stalks

You know you can peel these and chop into salads, right? But if you really love your dog, toss them into the freezer and give to Fluffy as a treat on a hot afternoon.

Not only is hunger a crying shame, frugal is the new black.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



ISTOCK

BBQ PAIRING

Fire it up this summer with a bold, spicy red

LIQUID ASSETS

Peter Rockwell

@therealwineguy



While most Canadians see barbecuing as a rite of spring and summer, in other parts of the world, cooking with fire is a daily activity that's only one prayer shy of a religion.

In South Africa, barbecuing is such an iconic activity that its national holiday, Braai Day, is named after the Afrikaans term for grilling.

Australia became synonymous with barbecuing way back in the early '80s when Crocodile Dundee's Paul Hogan starred in a series of commercials promoting Down Under that ended with him offering to "slip

an extra shrimp on the barbie for ya."

Argentina gives both a run for their marinade with its traditional asado: a word that encompasses how they cook and the festivities that ensue during the meal.

When it comes to a barbecue wine pairing, I prefer a medium-bodied red with a touch of spice, which makes a drop like Argentina's 2013 Alamos Malbec (\$13.09-\$15.99) a perfect match.

Made by Bodegas Catena Zapata, it oozes dark berry fruit, lip-smacking licorice and a hint of pepper that meets meat head on.



Prices reflect the range across the country. Some products may not be available in all provinces.

INSPIRED BY TV

RV lab lets you Break Bad with cocktails

Breaking Bad fans jonesing for more of their favourite show may be interested to know of a pop-up bar inspired by the series that will turn an RV into a mobile cocktail lab in London this summer.

It's been about two years since the show ended. In the latest attempt to keep the series alive, the ABQ bar in London — which stands for the show's setting, Albuquerque, N.M. — will serve as an experimental cocktail lab allowing guests to cook up their drinks, not unlike the way Walt and Jesse cooked their meth.

The ABQ concept comes from the same folks who brought London their first owl-themed pop-up bar. For one week last month, punters were able to sip a pint while

+ MORE BAD

The show has also inspired Breaking Bad beer, doughnuts and bath salts — your garden/bathroom/bathtub variety, that is.

petting live owls as part of an owl conservation program in the U.K.

ABQ will operate for three months in London this summer. For £30 (\$57 Cdn), guests will be shown how to mix their own drinks with the help of a mixologist. The RV fits about 20 people at a time.

More than 21,240 people have already signed up for the chance to win tickets to the ABQ bar. AFP

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Built to thrive in urban jungle



MIKE GOETZ/FOR METRO

THE CHECKLIST | 2015 CHEVROLET TRAX

THE BASICS

Type. Five-door, front-wheel drive/AWD subcompact crossover

Engine (hp). 1.4-litre inline turbocharged four-cylinder (138)

Transmission. Six-speed automatic

Price. Base \$19,130 (plus destination)

POINTS

- Uses the same platform as the Sonic, Chevrolet's subcompact sedan and hatchback.
- Available in four trim lines, the top 3 available with optional all-wheel drive.
- An IIHS Top Safety Pick.



MIKE GOETZ/FOR METRO

COOL FEATURES

- Available OnStar 4G LTE creates a Wi-Fi hotspot, which allows passengers to connect multiple devices to wireless Internet.
- Available Siri Eyes Free connects iPhone to vehicle's audio system.
- Ten standard airbags.

MARKET POSITION

- Subcompact crossovers are typically purchased by twentysomethings and empty-nest baby boomers, who like a small car's agility and economy, but want and need more utility.
- This segment is expected to grow substantially.

REVIEW

Chevrolet Trax reveals its agility, usefulness



Mike Goetz
Metro|Canada

Like the rest of the world, Canada is becoming increasingly urbanized. According to Statistics Canada, back in the 1920s, less than 50 per cent of Canadians were urban folk. Now it's more than 80 per cent and climbing.

Vehicle design has reflected this shift, and none more so than crossovers based on subcompact vehicle platforms. These subcompact crossovers can get off-road dirty, owing to their optional AWD systems and slightly higher ground clearances, but they're really built for urban conditions, where they can offer up tall-in-the-saddle visibility, small-car manoeuvrability, and "just big enough" insides, for the couples and singles that inhabit the condo towers.

Chevrolet Trax was one of the first crossovers to really work this urban agenda, debuting back in 2013, and concentrating on two areas that have high appeal for its intended audience — safety and connectivity. Like many Chevrolets, Trax is ready to be hooked up to OnStar, and its available 4G LTE Wi-Fi hot-

spot. After the free trial period, however, you will need to pony up for monthly subscriptions for OnStar itself, and for a Wi-Fi data plan.

Bluetooth is standard. Rear vision camera and rear obstacle detection, and Bluetooth streaming audio, are standard on the top 2 trim lines (LT, LTZ). More electronic wonders can be had with MyLink (optional on LT, standard on LTZ), which offers a nice big touch screen, and smartphone integration to leverage lots of fun and useful apps, including Siri Eyes Free.

A plethora of airbags, and a body structure composed of 66 per cent high-strength steel, enabled Trax to ace the crash tests, one of the select few in its class to do so.

Another bright spot is ample room for four adults, though rear seat passengers will have a big bend in their knees if they're tall-ish.

Fuel efficiency is another strong suit.

In other aspects the Trax is average, or less. The interior design is useful and looks great, but also has big sections of hard plastic.

The 1.4-litre turbo is a bit loud and a bit challenged to accelerate smartly on the highway, but the transmission shifts well, and the high top gear allows for relaxed cruising.

Trax is a decent example of a great, new vehicle form, which can confidently fulfil a lot of urban transportation needs.

THE COMPETITION



Jeep Renegade
Base price: \$19,995



Subaru XV Crosstrek
Base price: \$24,995



Kia Soul
Base price: \$16,995

TECH

Noise-cancellation systems on way for quiet rides

From Harman to Mitsubishi Electronics and Bose, companies are developing clever digital noise-cancelling systems that will make your next car's cabin as quiet as a library by using algorithms and microphones rather than layers of heavy soundproofing material.

Last week, Mitsubishi Electronic unveiled a new digital Active Noise Control (ANC) system for making car cabins quieter. Called FlexConnectANC, it can even deaden less predictable aural disturbances, as well as typical en-

gine vibration and tire roar and will be available for other manufacturers to integrate into their upcoming vehicles.

"(It) provides drivers and passengers a quieter environment," said Mitsubishi Electric's Doug Ray. "A precisely tuned audio experience, including advanced ANC, will continue to be a growing differentiator for OEMs (original equipment manufacturers) — an experience not available from consumer devices or the aftermarket."

The company is not alone.

Audio firm Harman unveiled its own solution, HALOsonic, at the International CES in Barcelona, Spain, in January, along with the results of a survey it had conducted with drivers — 55 per cent of respondents said unwanted cabin noise was the biggest distraction to enjoying music while driving.

"An uncompromised sound experience is more important than ever to today's drivers, and less noise also means drivers are less likely to become tired or distracted,"

said Michael Mauser, president of Harman Lifestyle Division.

Active Noise Cancelling systems monitor the sounds being created by the car and entering the cabin and then create an equal, opposite sound, which is then pumped out of the speakers. The two sound waves cancel each other out.

55%

Percentage of drivers who said unwanted cabin noise was the biggest single distraction to enjoying music while driving
HARMAN SURVEY

Bose put the technology on the map with its noise-cancelling headphones and now it, too, has an in-car version of the system which is already used by Cadillac and Renault among others.

'Digital' soundproofing will also help car companies build lighter, more efficient cars that aren't weighed

down by sound-deadening materials.

"We can provide automakers with greater opportunities to exploit lightweight materials without the risk that the perception of quality and harmony in the car will be compromised," said Mauser.

Active Noise Cancelling will also play a major role in creating a cabin quiet enough for giving and receiving voice commands, hearing navigation instructions and taking hands-free calls. AFP

Don't judge a police car by its cover

ON THE JOB

Ford reveals specifics of law enforcement vehicles

Jil McIntosh
For Metro

Other than the flashing lights and paint scheme, most police vehicles generally look similar to their civilian siblings. But they're considerably different under the skin, and built from the ground up for the hard life of a law enforcement vehicle.

"These are not retrofitted vehicles," says David Shuttleworth, commercial sales manager of Ford Canada. "They're built in Chicago at the same plant as the regular Taurus and Explorer, but they have unique features fitted to them before they come off the end of the line, and then they go to another facility for their final upfits."

Their engines and transmissions are tuned for optimum acceleration, but they also need to use as little fuel as possible and run cool when they idle, which they often do for long periods of time. Their anti-lock brakes and traction control are also uniquely tuned, and they have heavy-duty brakes, wheels, tires, suspension components, and alternators.

In the front, the seats are upholstered in heavy-duty cloth, and have sculpted backs so officers can sit comfortably while wearing their utility belts. In addition to a white dome light, there's also a red one for surveillance work. While civilian

vehicles have console-mounted gear shifters, Ford's Police Interceptor sedans and SUVs don't have a centre console, and their shift levers are on the steering column. The gap between the front seats is the same as in the discontinued Ford Crown Victoria, so police forces that used the old model can simply move their equipment into the new vehicles.

"The dash is unique to these vehicles," Shuttleworth says. "There's a universal mounting tray, reinforced with steel, on top of the dash so you can mount something like a camera."

The rear seats are covered in vinyl, and the door panels are flat, without pockets or cupholders. There are rear door handles, lock buttons, and window switches, but these can be disabled so "police customers" can't get out.

Beyond the standard equipment, police forces can

They're way different from anything you'd buy retail
David Shuttleworth,
commercial sales manager
of Ford Canada

choose from some 125 different options and packages. These include ballistic door panels, equipment mounting plates, and "mappable" steering wheel buttons, which can be programmed for such tasks as turning on the lights or siren. Cars can also be outfitted with a trunk tray to hold equipment, or a lockable vault to hold drugs or weapons when they're transported from a crime scene.

"These vehicles can only be purchased by law enforcement, and not by civilians," Shuttleworth says. "Structurally and dynamically, they're way different from anything you'd buy retail, because they have a different job to perform."



Ford's Police Interceptor SUV is based on an Explorer, but outfitted for law enforcement. FORD

+ DETAILS

Cruiser facts and figures

- It takes workers about 5.5 hours to outfit a vehicle for police use.
- It's believed the first motorized police vehicle was an electric patrol wagon, used in Akron, Ohio, in 1899. It included a gong and a stretcher.
- Ford's Police Interceptors have to be capable of withstanding a 120 km/h crash from the rear.

JIL MCINTOSH/FOR METRO

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Go Further

TECH

Sonata nets Android Auto

All new Sonatas sold in the U.S. with a navigation system will now come with Internet search giant Google's smartphone-mirroring technology on board as standard.

What's more, any owners of an existing 2015 Sonata can also activate Android Auto via a free software update.

Like Apple's Car Play, Google's Android Auto brings the best and most useful features of a smartphone safely to a car's dashboard.

Car companies have so far struggled to bring either Apple's or Google's systems to their production models, partly because they have been trying to develop in-car systems that support both technologies. AFP

(SiriusXM)

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Eligible customers will receive \$500 towards the purchase of a new 2015 Ford Focus (excluding F1, F1A, F1B, F1C, F1D, F1E, F1F, F1G, F1H, F1I, F1J, F1K, F1L, F1M, F1N, F1O, F1P, F1Q, F1R, F1S, F1T, F1U, F1V, F1W, F1X, F1Y, F1Z, F1AA, F1AB, F1AC, F1AD, F1AE, F1AF, F1AG, F1AH, F1AI, F1AJ, F1AK, F1AL, F1AM, F1AN, F1AO, F1AP, F1AQ, F1AR, F1AS, F1AT, F1AU, F1AV, F1AW, F1AX, F1AY, F1AZ, F1BA, F1BB, F1BC, F1BD, F1BE, F1BF, F1BG, F1BH, F1BI, F1BJ, F1BK, F1BL, F1BM, F1BN, F1BO, F1BP, F1BQ, F1BR, F1BS, F1BT, F1BU, F1BV, F1BW, F1BX, F1BY, F1BZ, F1CA, F1CB, F1CC, F1CD, F1CE, F1CF, F1CG, F1CH, F1CI, F1CJ, F1CK, F1CL, F1CM, F1CN, F1CO, F1CP, F1CQ, F1CR, F1CS, F1CT, F1CU, F1CV, F1CW, F1CX, F1CY, F1CZ, F1DA, F1DB, F1DC, F1DD, F1DE, F1DF, F1DG, F1DH, F1DI, F1DJ, F1DK, F1DL, F1DM, F1DN, F1DO, F1DP, F1DQ, F1DR, F1DS, F1DT, F1DU, F1DV, F1DW, F1DX, F1DY, F1DZ, F1EA, F1EB, F1EC, F1ED, F1EE, F1EF, F1EG, F1EH, F1EI, F1EJ, F1EK, F1EL, F1EM, F1EN, F1EO, F1EP, F1EQ, F1ER, F1ES, F1ET, F1EU, F1EV, F1EW, F1EX, F1EY, F1EZ, F1FA, F1FB, F1FC, F1FD, F1FE, F1FF, F1FG, F1FH, F1FI, F1FJ, F1FK, F1FL, F1FM, F1FN, F1FO, F1FP, F1FQ, F1FR, F1FS, F1FT, F1FU, F1FV, F1FW, F1FX, F1FY, F1FZ, F1GA, F1GB, F1GC, F1GD, F1GE, F1GF, F1GG, F1GH, F1GI, F1GJ, F1GK, F1GL, F1GM, F1GN, F1GO, F1GP, F1GQ, F1GR, F1GS, F1GT, F1GU, F1GV, F1GW, F1GX, F1GY, F1GZ, F1HA, F1HB, F1HC, F1HD, F1HE, F1HF, F1HG, F1HH, F1HI, F1HJ, F1HK, F1HL, F1HM, F1HN, F1HO, F1HP, F1HQ, F1HR, F1HS, F1HT, F1HU, F1HV, F1HW, F1HX, F1HY, F1HZ, F1IA, F1IB, F1IC, F1ID, F1IE, F1IF, F1IG, F1IH, F1II, F1IJ, F1IK, F1IL, F1IM, F1IN, F1IO, F1IP, F1IQ, F1IR, F1IS, F1IT, F1IU, F1IV, F1IW, F1IX, F1IY, F1IZ, F1JA, F1JB, F1JC, F1JD, F1JE, F1JF, F1JG, F1JH, F1JI, F1JJ, F1JK, F1JL, F1JM, F1JN, F1JO, F1JP, F1JQ, F1JR, F1JS, F1JT, F1JU, F1JV, F1JW, F1JX, F1JY, F1JZ, F1KA, F1KB, F1KC, F1KD, F1KE, F1KF, F1KG, F1KH, F1KI, F1KJ, F1KK, F1KL, F1KM, F1KN, F1KO, F1KP, F1KQ, F1KR, F1KS, F1KT, F1KU, F1KV, F1KW, F1KX, F1KY, F1KZ, F1LA, F1LB, F1LC, F1LD, F1LE, F1LF, F1LG, F1LH, F1LI, F1LJ, F1LK, F1LL, F1LM, F1LN, F1LO, F1LP, F1LQ, F1LR, F1LS, F1LT, F1LU, F1LV, F1LW, F1LX, F1LY, F1LZ, F1MA, F1MB, F1MC, F1MD, F1ME, F1MF, F1MG, F1MH, F1MI, F1MJ, F1MK, F1ML, F1MM, F1MN, F1MO, F1MP, F1MQ, F1MR, F1MS, F1MT, F1MU, F1MV, F1MW, F1MX, F1MY, F1MZ, F1NA, F1NB, F1NC, F1ND, F1NE, F1NF, F1NG, F1NH, F1NI, F1NJ, F1NK, F1NL, F1NM, F1NN, F1NO, F1NP, F1NQ, F1NR, F1NS, F1NT, F1NU, F1NV, F1NW, F1NX, F1NY, F1NZ, F1OA, F1OB, F1OC, F1OD, F1OE, F1OF, F1OG, F1OH, F1OI, F1OJ, F1OK, F1OL, F1OM, F1ON, F1OO, F1OP, F1OQ, F1OR, F1OS, F1OT, F1OU, F1OV, F1OW, F1OX, F1OY, F1OZ, F1PA, F1PB, F1PC, F1PD, F1PE, F1PF, F1PG, F1PH, F1PI, F1PJ, F1PK, F1PL, F1PM, F1PN, F1PO, F1PP, F1PQ, F1PR, F1PS, F1PT, F1PU, F1PV, F1PW, F1PX, F1PY, F1PZ, F1QA, F1QB, F1QC, F1QD, F1QE, F1QF, F1QG, F1QH, F1QI, F1QJ, F1QK, F1QL, F1QM, F1QN, F1QO, F1QP, F1QQ, F1QR, F1QS, F1QT, F1QU, F1QV, F1QW, F1QX, F1QY, F1QZ, F1RA, F1RB, F1RC, F1RD, F1RE, F1RF, F1RG, F1RH, F1RI, F1RJ, F1RK, F1RL, F1RM, F1RN, F1RO, F1RP, F1RQ, F1RR, F1RS, F1RT, F1RU, F1RV, F1RW, F1RX, F1RY, F1RZ, F1SA, F1SB, F1SC, F1SD, F1SE, F1SF, F1SG, F1SH, F1SI, F1SJ, F1SK, F1SL, F1SM, F1SN, F1SO, F1SP, F1SQ, F1SR, F1SS, F1ST, F1SU, F1SV, F1SW, F1SX, F1SY, F1SZ, F1TA, F1TB, F1TC, F1TD, F1TE, F1TF, F1TG, F1TH, F1TI, F1TJ, F1TK, F1TL, F1TM, F1TN, F1TO, F1TP, F1TQ, F1TR, F1TS, F1TT, F1TU, F1TV, F1TW, F1TX, F1TY, F1TZ, F1UA, F1UB, F1UC, F1UD, F1UE, F1UF, F1UG, F1UH, F1UI, F1UJ, F1UK, F1UL, F1UM, F1UN, F1UO, F1UP, F1UQ, F1UR, F1US, F1UT, F1UU, F1UV, F1UW, F1UX, F1UY, F1UZ, F1VA, F1VB, F1VC, F1VD, F1VE, F1VF, F1VG, F1VH, F1VI, F1VJ, F1VK, F1VL, F1VM, F1VN, F1VO, F1VP, F1VQ, F1VR, F1VS, F1VT, F1VU, F1VV, F1VW, F1VX, F1VY, F1VZ, F1WA, F1WB, F1WC, F1WD, F1WE, F1WF, F1WG, F1WH, F1WI, F1WJ, F1WK, F1WL, F1WM, F1WN, F1WO, F1WP, F1WQ, F1WR, F1WS, F1WT, F1WU, F1WV, F1WW, F1WX, F1WY, F1WZ, F1XA, F1XB, F1XC, F1XD, F1XE, F1XF, F1XG, F1XH, F1XI, F1XJ, F1XK, F1XL, F1XM, F1XN, F1XO, F1XP, F1XQ, F1XR, F1XS, F1XT, F1XU, F1XV, F1XW, F1XX, F1XY, F1XZ, F1YA, F1YB, 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F1BC, F1BD, F1BE, F1BF, F1BG, F1BH, F1BI, F1BJ, F1BK, F1BL, F1BM, F1BN, F1BO, F1BP, F1BQ, F1BR, F1BS, F1BT, F1BU, F1BV, F1BW, F1BX, F1BY, F1BZ, F1CA, F1CB, F1CC, F1CD, F1CE, F1CF, F1CG, F1CH, F1CI, F1CJ, F1CK, F1CL, F1CM, F1CN, F1CO, F1CP, F1CQ, F1CR, F1CS, F1CT, F1CU, F1CV, F1CW, F1CX, F1CY, F1CZ, F1DA, F1DB, F1DC, F1DD, F1DE, F1DF, F1DG, F1DH, F1DI, F1DJ, F1DK, F1DL, F1DM, F1DN, F1DO, F1DP, F1DQ, F1DR, F1DS, F1DT, F1DU, F1DV, F1DW, F1DX, F1DY, F1DZ, F1EA, F1EB, F1EC, F1ED, F1EE, F1EF, F1EG, F1EH, F1EI, F1EJ, F1EK, F1EL, F1EM, F1EN, F1EO, F1EP, F1EQ, F1ER, F1ES, F1ET, F1EU, F1EV, F1EW, F1EX, F1EY, F1EZ, F1FA, F1FB, F1FC, F1FD, F1FE, F1FF, F1FG, F1FH, F1FI, F1FJ, F1FK, F1FL, F1FM, F1FN, F1FO, F1FP, F1FQ, F1FR, F1FS, F1FT, F1FU, F1FV, F1FW, F1FX, F1FY, F1FZ, F1GA, F1GB, F1GC, F1GD, F1GE, F1GF, F1GG, F1GH, F1GI, F1GJ, F1GK, F1GL, F1GM, F1GN, F1GO, F1GP, F1GQ, F1GR, F1GS, F1GT, F1GU, F1GV, F1GW, F1GX, F1GY, F1GZ, F1HA, F1HB, F1HC, F1HD, F1HE, F1HF, F1HG, F1HH, F1HI, F1HJ, F1HK, F1HL, 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F1UG, F1UH, F1UI, F1UJ, F1UK, F1UL, F1UM, F1UN, F1UO, F1UP, F1UQ, F1UR, F1US, F1UT, F1UU, F1UV, F1UW, F1UX, F1UY, F1UZ, F1VA, F1VB, F1VC, F1VD, F1VE, F1VF, F1VG, F1VH, F1VI, F1VJ, F1VK, F1VL, F1VM, F1VN, F1VO, F1VP, F1VQ, F1VR, F1VS, F1VT, F1VU, F1VV, F1VW, F1VX, F1VY, F1VZ, F1WA, F1WB, F1WC, F1WD, F1WE, F1WF, F1WG, F1WH, F1WI, F1WJ, F1WK, F1WL, F1WM, F1WN, F1WO, F1WP, F1WQ, F1WR, F1WS, F1WT, F1WU, F1WV, F1WW, F1WX, F1WY, F1WZ, F1XA, F1XB, F1XC, F1XD, F1XE, F1XF, F1XG, F1XH, F1XI, F1XJ, F1XK, F1XL, F1XM, F1XN, F1XO, F1XP, F1XQ, F1XR, F1XS, F1XT, F1XU, F1XV, F1XW, F1XX, F1XY, F1XZ, F1YA, F1YB, F1YC, F1YD, F1YE, F1YF, F1YG, F1YH, F1YI, F1YJ, F1YK, F1YL, F1YM, F1YN, F1YO, F1YP, F1YQ, F1YR, F1YS, F1YT, F1YU, F1YV, F1YW, F1YX, F1YY, F1YZ, F1ZA, F1ZB, F1ZC, F1ZD, F1ZE, F1ZF, F1ZG, F1ZH, F1ZI, F1ZJ, F1ZK, F1ZL, F1ZM, F1ZN, F1ZO, F1ZP, F1ZQ, F1ZR, F1ZS, F1ZT, F1ZU, F1ZV, F1ZW, F1ZX, F1ZY, F1ZZ. *Eligible customers will receive \$2,500 towards the purchase of a new 2015 Ford Focus (excluding 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IN BRIEF

The other Rodgers won't play football in 2015

Jordan Rodgers' career with the B.C. Lions is over before it started.

The team announced Tuesday the quarterback won't attend training camp and that he doesn't plan on playing football in 2015.

The younger brother of two-time NFL MVP Aaron Rodgers was signed to the Lions' practice roster in October and took part in B.C.'s mini camp last month.

THE CANADIAN PRESS

Contador extends lead in 16th stage of Giro d'Italia

Alberto Contador put on a demonstration of his climbing skills on the steep Mortirolo pass and extended his lead in the 16th stage of the Giro d'Italia on Tuesday.



Alberto Contador
GETTY IMAGES

Spanish rider Mikel Landa posted his second consecutive stage victory after getting clearance from the Astana team to leave behind captain Fabio Aru, who again struggled.

Landa required just over five hours over the 174-kilometre leg from Pinzolo to Aprica. THE ASSOCIATED PRESS

Hitchcock stays with Blues

The St. Louis Blues are sticking with veteran coach Ken Hitchcock for another season.



Ken Hitchcock

THE ASSOCIATED PRESS

The Blues and Hitchcock on Tuesday announced a one-year contract. Financial terms were not disclosed.

Hitchcock took over as Blues coach during the 2011-2012 season. He has led St. Louis to an NHL-best 175-79-27 regular-season record since then.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Tuesday night's NHL and NBA playoff games.

Sam firmly in spotlight

CFL

New Alouette wants to excel while inspiring gay athletes

While Michael Sam would prefer to be just another football player, he knows there is a unique responsibility that comes with being the first openly gay athlete in the CFL and one of only a tiny minority in North America's major professional leagues.

Signed to a two-year deal by the Montreal Alouettes last week, Sam tried to downplay the significance of the move during a news conference Tuesday, repeatedly saying he just wants to play football.

But when asked if he regretted coming out in February 2014, the defensive end was adamant it was the right decision.

"I've set in motion a lot of stuff," he said. "I have a responsibility to handle myself the right way and carry myself the right way so future athletes who may be straight, gay, bisexual, whatever, they can be inspired just by what I'm doing."

"If you're afraid of what your family might think, if you're afraid you think you might be disowned, I'm your family. Come to me and I'll be a part of your family."

The 25-year-old Sam was selected in the seventh round of the 2014 NFL draft by the St. Louis Rams, becoming the first openly gay player chosen by an



Michael Sam signed a two-year deal with the Alouettes last week. RYAN REMIOWZ/THE CANADIAN PRESS

NFL team. He was later cut by the Rams and from the Dallas Cowboys' practice roster.

Sam is part of a tiny group of professional athletes who have chosen to go public about their sexual orientation. Retired NBA player Jason Collins came out in April 2013 while Los Angeles Galaxy soccer star Robbie Rogers is the lone out player in Major League Soccer. There are no openly gay players



He'll see that intelligent and enlightened people welcome him in this role in Canada and wish him luck.

Brian Burke, co-founder of You Can Play

in Major League Baseball or the NHL. Derrick Gordon became the first openly gay player in Division I men's basketball last year.

Alouettes general manager Jim Popp, who had been scouting Sam for some time, said he believes the six-foot-two, 260-pound player can excel

as pass-rusher in the CFL — so much so that the NFL will regret letting him go.

"I would love nothing more for him to spend his whole career here," Popp said.

"(But) there is such a small window in a football career, I hope he does so extraordinarily well that it's a benefit for our team (and) he gets another shot (at the NFL)."

THE CANADIAN PRESS

FRENCH OPEN

Bouchard tastes early defeat

Eugenie Bouchard says she hasn't been feeling like herself lately. That's an understatement, judging by her recent results on the court.

The Canadian tennis star continued her disappointing season Tuesday at the French Open, as the sixth seed was stunned 6-4, 6-4, by France's Kristina Mladenovic in the first round.

Bouchard has lost eight of her last nine matches combined on the WTA Tour and in Fed

Every Monday there's a new chance, so I'm going to try to forget this one.
Eugenie Bouchard

Cup play, and most of the defeats have been to players well below her in the WTA rankings. "Honestly I don't know what to say. It's been kind of the

same as how I've been feeling recently on the court. Just not like myself," Bouchard said after the loss to Mladenovic. "It's just a tennis match and I need to not worry too much. Life is still good. Everyone has highs and lows in their career, and this is a little bit of a low point for me."

Earlier, Vancouver's Vasek Pospisil was eliminated after a 6-3, 7-6 (5), 6-1 loss to Joao Sousa of Portugal.

THE CANADIAN PRESS



Eugenie Bouchard lost to Kristina Mladenovic in the first round on Tuesday in Paris. FRANCOIS MORI/THE ASSOCIATED PRESS

RECIPE Pepper Stuffed with Quinoa and Charred Corn Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

Twitter: @rosereisman



Ready in

Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1 1/2 cups chicken or vegetable stock
- 1 cup quinoa
- 1 cup canned corn kernels, drained
- 1 cup diced broccoli
- 1 cup diced red bell pepper
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp rice vinegar
- 1 Tbsp olive oil
- 2 tsp liquid honey
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic
- 1/3 cup chopped fresh cilantro or parsley

Directions

1. Bring the stock to a boil in a

saucepan. Stir in the quinoa. Reduce the heat to the lowest heat and simmer, covered, about 15 minutes. Drain off any excess liquid. Place in a serving bowl.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the corn, stirring frequently, until it begins to char, about five minutes over medium heat. Stir in the broccoli and red pepper. Cook for four minutes, or just until the vegetables begin to soften. Transfer to the bowl with the quinoa.

3. Add the remaining ingredients to the quinoa and toss to coat.

Nutrition per serving (recipe serves 6)

- Calories 167
- Protein 5.4 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 5 g
- Saturated fat 1 g

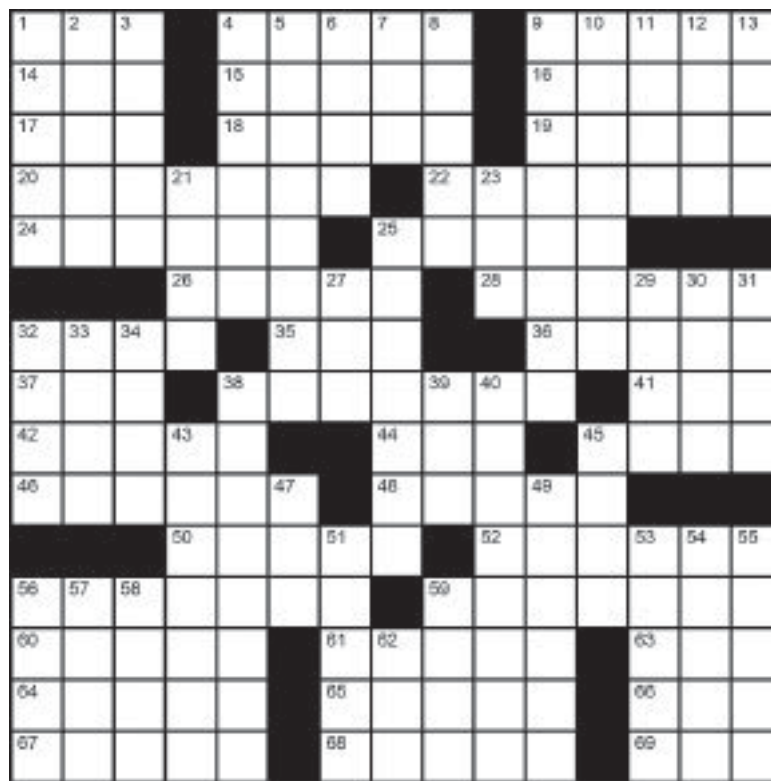
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. 7's phone letters
4. Upper house area
9. Performing very well
14. Roman Numeral for 52
15. Liquid-Plumr competitor
16. Prefix with 'path'
17. Horiz.
18. More pink, as steak
19. Tablet of yore
20. Vatican VIP: 2 wds.
22. Bernhard __, Music Director of Symphony Nova Scotia
24. Virgil epic
25. Fraternity letter
26. Baby deliverer
28. Get
32. Soapbox
35. __-Wan Kenobi
36. Overhang
37. Grazing land
38. Town on Lake Ontario near Hamilton
41. A-L-B-E-R-T-A cheer starter, "Give me __ '!'"
42. Web message
44. Ms. Zadora
45. Comedian's creation
46. Universe
48. PEI community
50. Mind your __ Qs
52. Most sky or ocean hue
56. Fettuccine __



- (Pasta dish)
59. Medieval maladies
60. Artsy hat
61. "How do __?" (Is this outfit okay?)
63. Toronto-born musician Mr. Emmett
64. "Cease!" on

- the seas
65. __ Islands, in the North Atlantic
66. U2 song
67. Shampooing direction
68. Backyard buildings
69. But, to Brutus

DOWN

1. Silver: Spanish
2. Wealthy: French
3. Ambulance signal
4. Skillful
5. Secret stage exit
6. Weight allowance

7. 'Brilliant' suffix
8. Buckingham Palace dog
9. National __ of Quebec
10. Sort in sequence
11. Suffix with 'Poet'
12. Evening, fun-

- style
13. Theatre-__ (Play attendee)
21. Money in Mexico
23. Actor Mr. Tognazzi
25. Watched every penny
27. Baseball stat.
29. Alaskan island city
30. Prefix meaning 'Fire'
31. Tidy
32. Mr. Baldwin
33. Business note
34. Sheep sounds
38. Canadian brand of chocolate-covered raisins
39. 'S' of RSVP
40. Animosity; or, current Taylor Swift song: 2 wds.
43. Shania Twain's "That Don't __ Me Much"
45. Cozy
47. " __ Songs (Say So Much)" by Elton John
49. Land __ (Recreational region in Ontario); or, brand of margarine
51. __, and or but!
53. Overseas moneys
54. River of Paris
55. Pshawed
56. "Two guys walk into __..." (Joke intro)
57. __ Strauss & Co.
58. Ms. Drescher
59. Skin opening
62. Music note

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is a possibility you will find yourself in the wrong place, at the wrong time with the wrong people today. Don't worry, you will soon get back to where you should be. Next time, be more careful.

Taurus April 21 - May 21
Play to your strengths. Focus on what you are good at. If someone asks you to do something that you doubt will work out, turn them down flat. You like a challenge but you like a challenge you can master better.

Gemini May 22 - June 21
Will you be a heroic failure or a huge success? That depends on how soon you go after your target. Hold off until the weekend when the universe will be on your side.

Cancer June 22 - July 23
Do the opposite of what your instincts tell you today. If you feel like speeding up, slow down. If you feel like slowing down, speed up. Everything is up in the air, including your own thoughts and feelings.

Leo July 24 - Aug. 23
Whatever you worry about today don't worry about money. If you do, you are likely to make a rash decision. If you worry about anything, worry about worrying too much.

Virgo Aug. 24 - Sept. 23
Question everything you hear today, even if it comes from a trustworthy source. While Mercury is moving retrograde you should take nothing on trust. With Mars strong, you could be ruinously impetuous. Play safe.

Libra Sept. 24 - Oct. 23
Do not, under any circumstances, get caught up in a neighbourhood dispute today. You may think you know how to resolve the situation but they won't listen. Worse, they may gang up on you.

Scorpio Oct. 24 - Nov. 22
One minute you want to do one thing and the next minute you want to do something else. You are usually much more decisive than this. Come tomorrow you will be back to your old self.

Sagittarius Nov. 23 - Dec. 21
You are focusing on the worst outcome to a situation that will likely never happen. Be positive and go to bed early for a change. Tomorrow the world will seem a rosier place.

Capricorn Dec. 22 - Jan. 20
Explore. Visit places you have never been before. Not only will it be fun but it will widen your outlook and make you realize how fortunate you are compared to most.

Aquarius Jan. 21 - Feb. 19
What you fear the most is the one thing you least need to fear. With the planet Mercury moving retrograde things are sure to be jumbled up.

Pisces Feb. 20 - March 20
Whatever you are told by friends and family today you should act on the assumption that there are things going on behind-the-scenes that would change the picture completely if you knew about them. Maybe you don't want to know!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

6/92

Of all the beverage containers that weren't recycled, how many were yours?



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